



西南佛州華人聯誼會
SOUTHWEST FLORIDA CHINESE ASSOCIATION

NEWSLETTER

佛州西南部華人協會月訊



Upcoming Events 活動

Sun, September 26th – Mid-Autumn Festival

Mid-Autumn Festival

Make sure you save the date for the upcoming Mid-Autumn Festival. The event will be held indoors and feature Mahjong (麻将) and card games like Dou Di Zhu (斗地主).

Cornerstones of Health

According to Dr. Zhijiang Mao, a well-known Chinese-American doctor in Chicago, a healthy body is supported by four cornerstones: nutrition, exercise, emotions, and detoxification, all of which are indispensable. Let's discuss today what are the eight major nutrients included in nutrition?

1. Water: Without it, a person will die within seven days.
2. Protein: An automatic stitching machine for wounds.
3. Fat: The body's energy storage.
4. Carbohydrates: The quickest source of energy.
5. Fiber: Prevents digestive tract cancer.
6. Vitamins: Important substance to prevent diseases.
7. Minerals: Active molecules of nutrition.
8. Antioxidants: Protects cells against free radicals.

The above-mentioned 2-4 are macro-nutrients, that is composed in majority of our three meals each day. People will feel hungry if they don't consume enough macro-nutrients.

The above-mentioned 6-8 are micro-nutrients, that is, cellular food, which can cause sub-optimal health conditions and illnesses when lacking them.

In the next month, we will discuss the details of each nutrient one by one.

If you have any suggestions or questions about this issue, please contact Liwen Williams at liwenwilliams@gmail.com.

Member Benefits

Free with Membership:

- Newsletters
- Chinese Cultural Classes
- Professional Counseling Seminars
- Chinese Festival Events

Discounts with Membership:

- Special Promotions
- Local businesses

Contact:

David Wright 许大伟, President
djw03d@gmail.com
Judy Wright 许素珊, Vice President
judywright@embarqmail.com
Jim Wolff, Secretary
wolffjw@outlook.com
Wendy Kuo, Treasurer
kuowendy43@gmail.com

Liwen is a SWFCA board member. She has a Master's Degree in Communication. She is a health advocate, and currently working on her certified nutrition coach license.

根据芝加哥鼎鼎有名的华裔医生，毛志江医师，健康的身体是由4个基石支撑起来的：营养，运动，情绪，排毒，缺一不可。我们今天来讨论营养中包括的八大营养素是哪些呢？

- 1.水：没有它七天内就会死！
- 2.蛋白质：伤口的自动缝合机！
- 3.脂类：身体的能源库！
- 4.碳水化合物：能量最快速的来源！
- 5.膳食纤维：杜绝消化道癌！
- 6.维生素：防止疾病的重要物质！
- 7.矿物质：营养的活跃分子！
- 8.抗氧化剂：保护细胞对抗自由基！

上述2-4 为宏量营养素，也就是一日三餐的主要构成物质，缺乏时人会感到饥饿。

上述6-8 为微量营养素，也就是细胞的食物，缺乏时造成亚健康，人体生病。

接下来每个月我们将一一展开来讨论每个营养素的细节。

对于本期内容如有任何建议或疑问，欢迎联系Liwen Williams liwenwilliams@gmail.com。

力文是 西南佛州华人联谊会董事会成员。她拥有大众传媒硕士学位。她是一名健康传播者，目前正在准备考取认证营养师的执照。

Dragon Boat Festival 2021





Asian Americans and Pacific Islanders (AAPI) and Covid-19

Business Members

A BIG THANK YOU to all of our [business members](#) for their support for our association and the Southwest Florida Chinese community.